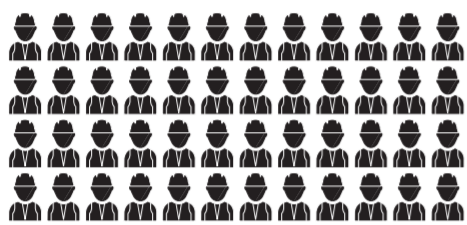


# Mental Health First Aid

#peaceofmind

**Around 10 million**

people will experience a mental health issue each year in the UK.



**57% of employees**



have experienced mental health issues at work but less than half of that group felt confident to talk about it.

Every working day two construction workers



**take their own lives**



**X3**

**more likely**

Male site workers in construction are three times more likely to die by suicide than the average for UK men.

## What triggers mental ill health?

We all have mental health just as we all have physical health, which can change throughout our lives. Mental ill health can sometimes be triggered by life changes which we are struggling to cope with, or being under too much stress for too long.



### Examples of triggers:

- Bereavement
- Relationship breakdown
- Health scares or illness
- Money worries
- Starting a new job
- Increased workload
- Poor relationships at work
- Fear of redundancy

## How to tell if someone may need support

Recognising that help may be needed is a key step in the road to recovery. Signs of a mental health issue often include changes to behaviour and personal appearance.

### Behavioural signs:

- Loss of humour
- Irritability
- Forgetfulness
- Being withdrawn
- Erratic behaviour
- Aggression
- Tearfulness
- Inability to concentrate
- Indecisiveness

### Physical signs:

- A change in weight
- Lack of care over appearance
- Being tired and run down
- Lots of minor illnesses
- Frequent headaches or stomach upsets

### Other indicators at work may include:

- A change in punctuality
- Increased sickness absence
- Working too many hours
- Making mistakes or forgetting tasks



## What to do if you suspect you or a colleague may need support

- If you are worried about someone, talk to them, ask how they are – and really listen.

- Contact Samaritans for free, confidential support 24/7: call 116 123 or visit: [samaritans.org](http://samaritans.org)

For tips on having the conversation visit: [mhfaengland.org/mhfa-centre/resources/take-10-together/](http://mhfaengland.org/mhfa-centre/resources/take-10-together/)

**CALL 999 IN AN EMERGENCY**

Contact your Mental Health First Aider; they're trained to listen without judgement and can help you access support to recover.



## For further help and advice contact your mental health first aider who is:

Name:

Email:

Mobile:

Visit: [www.mhfaengland.org](http://www.mhfaengland.org) for lots of information and resources